



**ANALYSES OF RESPONSE SCALE FOR CONTENT OF LOVE MESSAGES AND
MODALITY OF LOVE MESSAGES SCALES, IN COUPLES SEEKING
PSYCHOTHERAPY: A PILOT STUDY**

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Abstract

The study pilots a receiver-based response scale, derived from clinically observed relational stages, that captures qualitatively distinct positions toward individual love messages rather than simply their frequency or intensity. This pilot study examines the descriptive properties of the Content and Modality of Love Messages scales, developed within the framework of the Love and Rejection Messages Theory (LRM^T), in couples seeking psychotherapy. The study aimed to explore how relational behaviors conceptualized as love messages are distributed across items, partners, and response categories, focusing on the functional meaning of a 0–7 response scale reflecting qualitatively distinct relational stages. The sample consisted of 11 couples with a mean age of 35.86 years. Results indicated high internal consistency for both scales ($\alpha = .90$ for content; $\alpha = .984$ for modality) and substantial variability across items. Response distributions were generally concentrated in mid-to-high categories, with evidence of distribution toward higher scores, particularly for modality, which is expected in couples seeking therapy. No significant gender differences were found in mean scores; however, differences emerged in the distribution of response categories. At the couple level, marked asymmetries between partners were observed, particularly in dysfunctional relationships, highlighting discrepancies in the perception and experience of love messages. The findings

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support the descriptive utility of the scales and their capacity to capture meaningful variations in relational functioning, with implications for both assessment and therapeutic intervention.

Keywords: *love messages; couples; psychotherapy; relationship functioning; LRM^T; pilot study.*

1. Introduction

Existing research on couple relationships has largely focused on global constructs such as satisfaction (Mohammadi, et al., 2016), attachment (Steuber, 2005), personality characteristics (empathy, trust, commitment etc.) (Bühler & Scheling, 2025), or conflict (Lessard et al., 2025), often assessed along linear continua (Marici, 2025). These constructs on couple relationships rely on self-report response formats such as Likert-type scales (eq. 1 to 5, ‘strongly disagree’ to ‘strongly agree’) (*Relationship Assessment Scale Overview*), frequency scales (never, rarely, sometimes, often, always) (CTS), and intensity ratings (eq. ‘not at all’ to ‘extremely/strongly agree’), dichotomous scales (‘yes’/‘no’), semantic differential scales (‘happy’ to ‘unhappy’) or visual analog scales (eq. 0-100). These measures typically position individuals along linear continua (e.g., low to high, never to always, strongly disagree to strongly agree), capturing differences in magnitude or frequency, as these probably represent the best feature of these constructs. On the one hand, while widely used, such response formats assume that relational experiences vary primarily in degree, rather than reflecting qualitatively distinct states. On the other hand, these approaches do not capture how specific relational behaviors are experienced in interaction in a couple and how difficult ‘repairing’ these behaviors are.

2. Framework of Love and Rejection Messages Theory (Marici, 2025)

LRM^T proposes that couple functioning is shaped by the dynamic exchange of Love Messages and Rejection Messages between partners. According to LRM^T, relationship difficulties often appear not because love is absent, but because Love Messages are insufficient, mismatched, unseen, unnecessary, or transformed into Poisoned Love Messages. The theory emphasizes that the emotional effect of a message is more important than the sender’s intention, as partners can experience the same behavior in very different ways. LRM^T explains couple dysfunction through mechanisms such as Junk Love Messages (JLM), Unseen Love Messages (USLM), Unneeded Love Messages (ULM), and Poisoned Love Messages (PLM), which interfere with romantic relationship growth.

As long as love messages (LM) are circulating between lovers and rejection messages (RM) are low, the relationship flourishes. When one partner stops sending love messages, the romantic relationship suffers from partial or total emotional blocking. LRMT^T addresses this limitation by conceptualizing relational behaviors as messages of love, whose meaning depends not only on their presence, but also on how they are subjectively experienced. To capture these distinctions, the love messages content and modality scales employ a structured response format (0–7), designed to reflect qualitatively different relational stages rather than a simple intensity continuum. This approach originated particularly from clinical therapeutic contexts, where understanding these differences may inform more precise interventions.

An important assumption of LRMT is that the relational value of a love message does not depend solely on its presence or frequency, but also on its calibration to the receiver's needs and preferences. More of a positive relational behavior is not necessarily equivalent to better relational functioning. A love message may be insufficient, optimally matched, or exceed what the receiving partner desires. Accordingly, LRMT conceptualizes effective love-message exchange in terms of fit between what is received and what is desired, rather than simple behavioral maximization. This distinction is particularly important because identical behaviors may have different relational meanings depending on the receiver's needs, expectations, and current position toward the partner.

LRMT proposes a description of the 7 Stages of Romantic Functioning, which are the basis of the response scale (Marici, 2025):

Stage 1. High functioning. The key statement is “*Love messages are more than I wish*”. LMs are abundant and RMs are hardly observed.

Stage 2. Optimum functioning. The key statement is “*LMs are as much as I wish*”. LMs are sufficient and rejection messages are kept under control.

Stage 3. Cooling stage. The key statement is “*LMs are less than I wish*”. LMs are less than needed and rejection messages are more than tolerated.

Stage 4. Fight for survival stage (limit functioning). “*I don't feel loved, but we have conflicts about it.*” – Love messages are scarce, and rejection messages are high. One partner is fighting for the relationship.

Stage 5. The personal sacrifice stage. The key statement is “*LMs do not happen at all, but I wish and make sacrifices*”. One partner does not send love messages at all, but the other one still hopes that they will start to be sent again. Rejection messages shadow love messages. One

sacrifices and accepts the situation in silence and tries to send love messages without expecting to receive back.

Stage 6. The individualization stage (mostly blocking). *“It does not happen at all, but I gave up wishing.”* – love messages are hardly sent, and the partner gives up waiting to receive love messages. If they happen, the partner would be still open, but not waiting. The neglected partner turns to self and blocks their relationship more as it is a source of frustration.

Stage 7. The total blocking stage. *“It does not happen but, if it does, I don’t want any longer”* – sending or receiving love messages is no longer accepted and desired.

A relational behavior should therefore be distinguished from its relational effect. A behavior becomes functionally relevant as a love or rejection message through the way it is received and experienced by the partner. Consequently, the same behavior may function as a love message for one receiver, be irrelevant for another, or acquire a negative relational meaning depending on the interactional context.

Although the stages describe broader positions of romantic functioning, LRMT proposes that the same functional logic can also be applied at the level of individual love messages. A relationship may therefore not occupy a single homogeneous stage across all relational behaviors: one love message may be optimally exchanged, another may be insufficient, while another may be conflictual, abandoned, or actively rejected. The relational profile of the couple can consequently be understood as a configuration of differently functioning love-message exchanges.

3. The Novelty of the Receiver-Based Response Scale

The novelty of the proposed response scale approach lies in translating clinically derived stages of romantic functioning into a receiver-based assessment framework for love and rejection messages. Rather than measuring only the frequency or intensity of a partner’s behavior, the response scale allows each love message to be rapidly located within a specific relational stage, reflecting how that behavior is experienced by the receiving partner. Because each partner can complete the assessment independently, the framework also captures each person’s subjective position within the relationship and allows discrepancies between partners to be identified. When the full range of love messages is assessed, these individual profiles can be integrated into a broader picture of the relationship, showing patterns in the exchange of love and rejection messages and highlighting areas of fulfillment, unmet need, conflict, resignation, or rejection.

Thus, the framework can support a rapid relational assessment at three interconnected levels: the individual message, each partner's perception, and the couple's interactional pattern.

4. Methodology

4.1. Aim

The aim of this study was to examine the descriptive properties of the Response Scale of Content of Love Messages (CLM) and Modality of Love Messages (MLM) scales, in couples seeking psychotherapy and to explore how relational behaviors conceptualized as love messages are distributed across items, partners, and response categories.

4.2. Response Scale Development

Stages of Romantic Functioning, were observed to be a characteristic of the relationships and also a characteristic of a single behavior. Relational behaviors are not static; like relationships themselves, they may change in pattern and function over time (Jolink & Algoe, 2024; Harel & Koslowsky, 2024). At the behavioral level, the same framework can be applied to each specific love message. Thus, different love messages within the same relationship may be located at different stages of functioning at a given time.

For example, consider the love message "*My partner hugs me.*" The same behavior can be followed across all seven stages. At Stage 1 (High functioning), the partner hugs the person more often than desired. At Stage 2 (Optimum functioning), hugging occurs as often as desired. At Stage 3 (Cooling), hugs still occur, but less often than desired. At Stage 4 (Fight for survival), hugging is absent or nearly absent and becomes a source of conflict, with the person asking for or complaining about the lack of physical affection. At Stage 5 (Personal sacrifice), hugs no longer occur, although the person still wants them and may continue offering affection without receiving it in return. At Stage 6 (Individualization), hugs do not occur and the person has stopped expecting or asking for them, although they would still be receptive if the partner initiated one. Finally, at Stage 7 (Total blocking), the person no longer wants to be hugged by the partner and may reject the gesture if it occurs.

This example illustrates why the response categories should not be understood simply as increasing or decreasing quantities of the same behavior. They represent qualitatively different relational states. The absence of a hug at Stage 5, for example, does not have the same psychological meaning as its absence at Stage 6 or Stage 7: the behavior is absent in all three cases, but the partner still longs for it at Stage 5, has given up expecting it at Stage 6, and no

longer wants it at Stage 7. In this way, the scale captures not only whether a love message occurs, but also the relational position of the receiver toward that message.

The response scale is completed from the perspective of the partner receiving the love message. Thus, respondents do not evaluate how much love they believe their partner intends to express, but rather how the specific behavior is experienced in relation to their own needs and desires. Each response therefore reflects the receiver's relational position toward a particular love message. The response scale follows the Stages Of Romantic Functioning, with the highest score for the highest functioning stage (see *Table 1*):

Table 1. Stages of Romantic Functioning in LRM^T and the Response Scale of Content of LMs

Stages of Romantic Functioning in LRM^T	Response Scale
Stage 1. High functioning.	7. More than I wish
Stage 2. Optimum functioning.	6. Exactly as much as I wish
Stage 3. Cooling stage.	5. Less than I wish
Stage 4. Fight for survival stage (limit functioning).	4. It happens very rarely, but we have conflicts about it
Stage 5. The personal sacrifice stage.	3. It doesn't happen, but I wish it does
Stage 6. The individualization stage (mostly blocking).	2. It doesn't happen, and I've stopped expecting it
Stage 7. The total blocking stage.	1. It doesn't happen, but even if it does, I wouldn't want it now
	0. <i>Not applicable to me, as it is not a message of love for me</i>

Although the response options can be meaningfully grouped into broader categories for analytical purposes (see *Table 2*), it is important to note that the full range of response categories holds particular value in therapeutic settings. Each response option reflects a distinct psychological stance toward the relational behavior, capturing not only its presence or absence, but also the individual's evolving motivational and emotional position (e.g., desire, conflict, resignation, or rejection).

Although categories 6 ("Exactly as much as I wish") and 7 ("More than I wish") represent different amounts of a received love message, both reflect functional relational states. Category 6 represents an optimal match between the desired and received amount, whereas category 7 indicates that the message is received beyond the desired amount without implying deprivation, conflict, resignation, or rejection. For this reason, categories 6 and 7 were grouped together as optimum functionality in the broader functional classification.

Table 2. Response scale categories and its reduction

Original Score	Response Scale	Relationship Quality
7	More than I wish	Optimum functionality
6	Exactly as much as I wish	
5	Less than I wish	Insufficient functionality
4	It happens very rarely, but we have conflicts about it	Dysfunctionality
3	It doesn't happen, but I wish it does	
2	It doesn't happen, and I've stopped expecting it	
1	It doesn't happen, but even if it does, I wouldn't want it now	
0	<i>Not applicable to me, as it is not a message of love for me</i>	<i>Not applicable</i>

Note. Response categories were grouped based on their conceptual meaning into four functional domains: Optimum functionality (6–7), Insufficient functionality (5), Dysfunctionality (1–4), and not applicable (0).

In this sense, preserving the full set of response categories allows for a more nuanced assessment of the relational dynamic and can inform the stage of therapeutic intervention. For example, the distinction between unfulfilled desire (3), resigned deprivation (2), and active rejection (1) may signal different intervention needs and readiness for change, highlighting the importance of volition and subjective meaning in the therapeutic process.

However, for the purposes of rapid assessment, statistical analysis, and clearer interpretation of results at the group level, collapsing the response options into broader categories (fulfilled, insufficient, deprived, and non-applicable) is both practical and conceptually justified. This dual approach allows the scale to retain its clinical sensitivity while also supporting efficient quantitative evaluation.

4.3.Participants

The sample included 22 participants (50% female, 50% male), with a mean age of 35.86 years (SD = 6.80) and an average relationship duration of 13.09 years (SD = 4.85). Most participants had one child (54.5%) and were living in their own residence (90.9%). Education levels were predominantly in higher categories, and most participants reported a moderate financial situation. Nearly half of the sample (45.5%) had attended couple psychotherapy sessions.

4.4.Measures

Content of Love Messages (CLM) – It is measured using an instrument assessing the actions partners use to express romantic love. The instrument consists of 21 items, and the response

scale includes 8 response options corresponding to the 7 stages of romantic functioning proposed in LRM^T (Marici, 2025), plus an additional response option: “Not applicable to me, as it is not a message of love for me.”

Modality of Love Messages (MLM) - These are characteristics of interactions that determine the positive (love) or negative (rejection) valence of messages within romantic relationships. Modality refers to the way partners communicate or deliver the content of their messages. The instrument consists of 34 items, and the response scale includes 8 response options corresponding to the 7 stages of romantic functioning proposed in LRM^T (Marici, 2025), plus an additional response option: “Not applicable to me, as it is not a message of love for me.”

4.5. Statistical Strategy

All analyses were conducted in R (R Core Team, 2025). Given the exploratory nature of the study and the relatively small sample size, the analyses focused primarily on descriptive and distributional approaches. Descriptive statistics were computed for all items of the Content of Love Messages (CC) scale, including means, standard deviations, and range values, in order to examine variability across behaviors. An overall score was calculated as the average of item responses. Responses coded as 0 (“not applicable”) were treated as missing values, as they do not reflect the presence or absence of relational behaviors on the same continuum.

To examine how the response scale was used, frequencies and percentages were calculated across all response categories (0–7). Visual inspection of the distributions was conducted to identify patterns of response use and deviations from normality.

Gender differences were analyzed in two ways. First, mean differences between female and male participants were examined using Welch’s independent-samples t-test. Second, differences in the distribution of response categories were tested using a chi-square test with simulated p-values. When appropriate, standardized residuals were inspected to identify categories contributing to significant differences.

Internal consistency of the scale was assessed using Cronbach’s alpha, computed with the psych package (Revelle, 2026). This analysis was included as a general indicator of reliability, without being the primary focus of the study. Finally, analyses were conducted at the couple level by examining mean scores separately for each partner, allowing for the identification of asymmetries in reported relational behaviors. These patterns were interpreted in relation to the relationship difficulties described in therapy. Data visualization was performed using the ggplot2 package (Wickham, 2016).

For descriptive interpretation of participant-level mean scores, cut-off points were defined using the midpoints between the response categories representing dysfunctionality (≤ 4), insufficient functioning (5), and optimum functioning (≥ 6). Accordingly, mean scores < 4.50 were classified as dysfunctional functioning, scores from 4.50 to 5.49 as insufficient functioning, and scores ≥ 5.50 as optimum functioning. These cut-offs are intended as descriptive interpretive thresholds derived from the response-scale structure and should not be regarded as empirically validated clinical cut-offs.

For descriptive couple-level classification, the relational functioning of each couple was determined by the lower-functioning classification of the two partners. Thus, when partners were classified in different functional categories, the couple was assigned to the lower category. This rule reflects the systemic assumption that substantial difficulty experienced by either partner represents a relevant vulnerability of the dyadic relationship, even when the other partner reports more favorable functioning.

4.6. Ethics

The study was conducted in accordance with ethical standards for research involving human participants. Participation was voluntary, and all individuals provided informed consent prior to completing the questionnaire. The data were collected anonymously, and no identifying information was recorded. Participants were informed about the purpose of the study and their right to withdraw at any time without any consequences. The study followed general principles of confidentiality, data protection, and respect for participants' autonomy. The study was conducted in accordance with the Declaration of Helsinki, and was ethically approved by the "1 Decembrie 1918" University of Alba Iulia, No. R-CE 54/03.04.2026. The editing of some parts of this article involved the use of ChatGPT (GPT-5.3, Instant), in March 2026. The software was used for linguistic editing, and proofreading, of the text. Ai was used also for idea organization in scientific style.

4.7. Results

4.7.1. Reliability Analysis

Internal consistency analysis indicated a high level of reliability for the CLM scale (Cronbach's $\alpha = .90$, 95% CI [.82, .96]). The average inter-item correlation ($r = .30$) suggests an adequate balance between item homogeneity and content diversity.

4.7.2. Descriptive Statistics

Descriptive statistics indicate that responses varied across items, with mean scores generally centered around mid-scale values (approximately 4–5), suggesting that many behaviors were perceived as occurring less than or close to the desired level. The relatively large standard deviations and the use of the full response range (0–7) for most items indicate substantial variability between participants. Notably, lower mean values (e.g., CLM18) point to behaviors that occur less frequently or are more often absent, whereas higher mean values (e.g., CLM20) reflect behaviors reported as occurring more frequently. This pattern suggests that the scale captures meaningful differences in how specific behaviors are experienced within relationships.

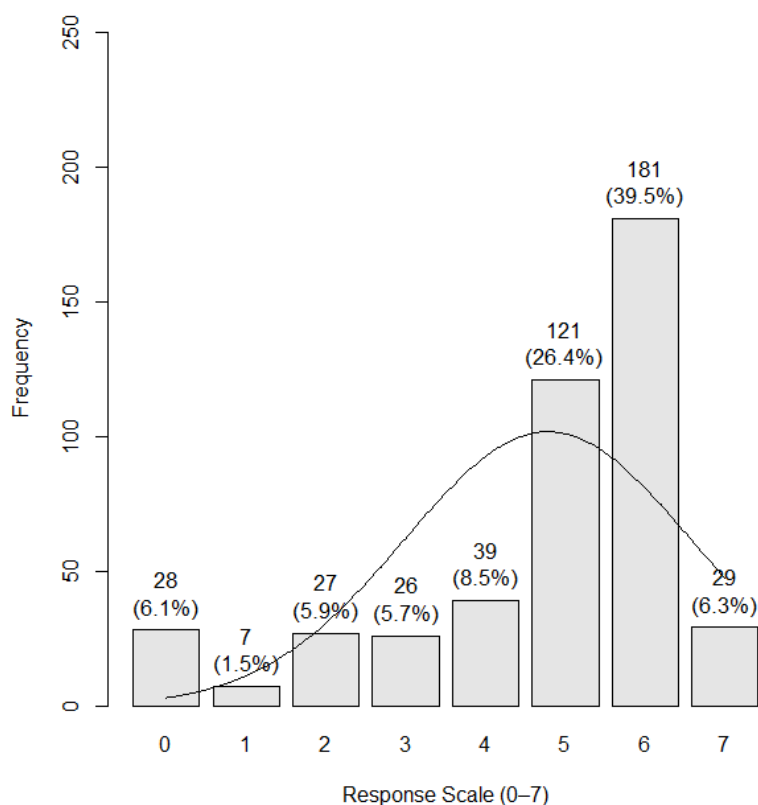
Table 3. Descriptive statistics

Item	N	M	SD	Min	Max
CLM 1	22	4.27	1.80	0	7
CLM 2	22	4.64	1.76	0	7
CLM 3	22	4.45	2.06	0	7
CLM 4	22	4.95	1.36	1	6
CLM 5	22	5.05	1.17	2	6
CLM 6	22	5.09	1.69	0	7
CLM 7	22	5.00	1.20	1	6
CLM 8	22	4.77	1.74	0	7
CLM 9	22	4.77	1.27	2	7
CLM 10	22	4.77	2.11	0	7
CLM 11	22	5.05	1.70	1	7
CLM 12	22	4.73	1.83	2	7
CLM 13	22	4.68	2.06	0	7
CLM 14	22	4.50	2.35	0	6
CLM 15	22	4.95	1.68	0	7
CLM 16	22	5.09	1.72	0	7
CLM 17	22	5.23	1.45	0	6
CLM 18	22	3.64	2.36	0	6
CLM 19	21	4.95	2.18	0	7
CLM 20	21	5.29	1.38	0	7
CLM 21	20	4.50	2.16	0	6

4.7.3. Distribution of Response Frequencies Across the 0-7 Scale for All CLM Items

The graphical inspection of response frequencies across all CLM items showed that responses were most often located in the middle and moderately high categories of the 0-7 scale. The highest concentration of answers was observed around scale points 4 to 6, whereas extreme categories were less frequent (see *Figure 1*).

Figure 1. Distribution of response frequencies across the 0-7 scale for all CLM items.



Note: Labels above the bars indicate raw frequencies and percentages. The line represents the normal distribution curve for visual comparison. The response scale options are: 7. More than I wish, 6. Exactly as much as I wish, 5. Less than I wish, 4. It happens very rarely, but we have conflicts about it, 3. It doesn't happen, but I wish it does, 2. It doesn't happen, and I've stopped expecting it, 1. It doesn't happen, but even if it does, I wouldn't want it now, 0. Not applicable to me, as it is not a message of love for me.

The observed distribution only partially followed the overlaid normal curve, suggesting that the empirical response pattern was not fully Gaussian. This pattern is consistent with the ordinal structure of the scale and indicates meaningful variability in participants' perceived levels of relational fulfillment.

Among male participants, responses are more strongly concentrated in the upper end of the scale. The most frequent category was 6 (46.3%), followed by 5 (26.4%), indicating that

behaviors were predominantly reported as occurring at the desired level. Lower categories were less frequent, with no responses in category 1, suggesting fewer reports of rejection or absence with negative meaning. Responses were concentrated toward the higher response categories, compared to female participants.

4.7.4. Distribution of Response Frequencies Across the 0-7 Scale by Sex

The distribution of responses among female participants shows that most responses are concentrated in the higher range of the scale (see *Figure 2*). The most frequent category was 6 (32.9%), followed by 5 (26.4%), indicating that behaviors were often reported as occurring at or close to the desired level. Lower categories (1–3) were less frequent, while 0 (7.4%) indicates that some behaviors were not perceived as love messages. Overall, the distribution suggests variability, with both adequate and insufficient levels of behaviors present.

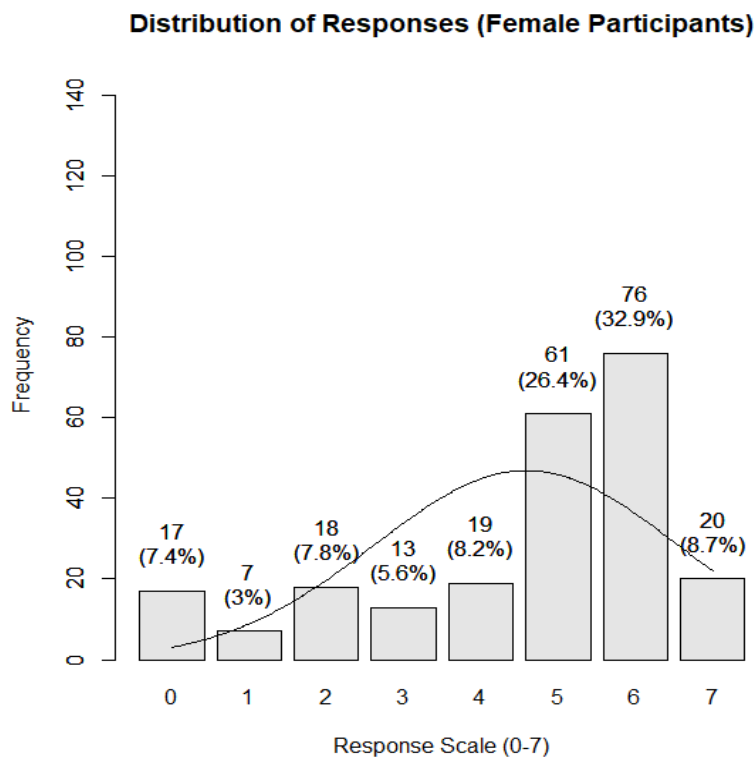
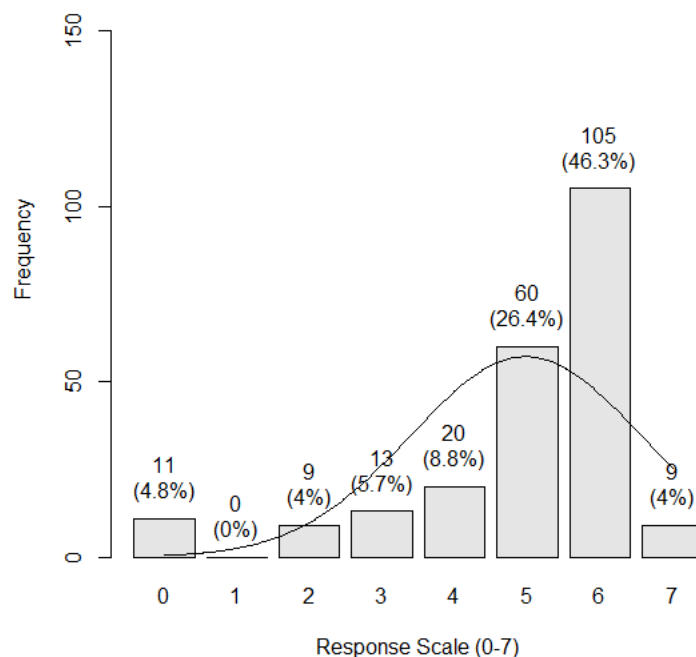


Figure 2: Distribution of Responses by Sex

Distribution of Responses (Male Participants)



Note: Labels above the bars indicate raw frequencies and percentages. The line represents the normal distribution curve for visual comparison. The response scale options are: 7. More than I wish, 6. Exactly as much as I wish, 5. Less than I wish, 4. It happens very rarely, but we have conflicts about it, 3. It doesn't happen, but I wish it does, 2. It doesn't happen, and I've stopped expecting it, 1. It doesn't happen, but even if it does, I wouldn't want it now, 0. Not applicable to me, as it is not a message of love for me.

4.7.5. Welch Independent Samples t-Test of Means by Sex

A Welch independent samples t-test was conducted to examine gender differences in CLM scores. The results indicated that the difference between female ($M = 4.58$, $SD = 0.97$) and male participants ($M = 4.98$, $SD = 0.94$) was not statistically significant, $t(19.99) = -0.97$, $p = .345$, 95% CI [-1.25, 0.46].

4.7.6. A Chi-Square Test

A chi-square test with simulated p-values (Pearson's Chi-squared test with simulated p-value, based on 2000 replicates) indicated that the distribution of responses across the 0–7 scale differed significantly by gender, $\chi^2 = 20.11$, $p = .004$.

4.7.7. Category-Level Analysis of Response Distributions

Post-hoc examination of standardized residuals (see *Table 4*) indicated that the significant gender difference in response distribution was primarily driven by categories 1, 6, and 7. Female participants were overrepresented in category 1 (stdres = 2.64) and category 7 (stdres = 2.06), whereas male participants were overrepresented in category 6 (stdres = 2.92). Conversely, male participants were underrepresented in categories 1 and 7, and female participants were underrepresented in category 6.

Table 4: Standardized residuals from the chi-square analysis

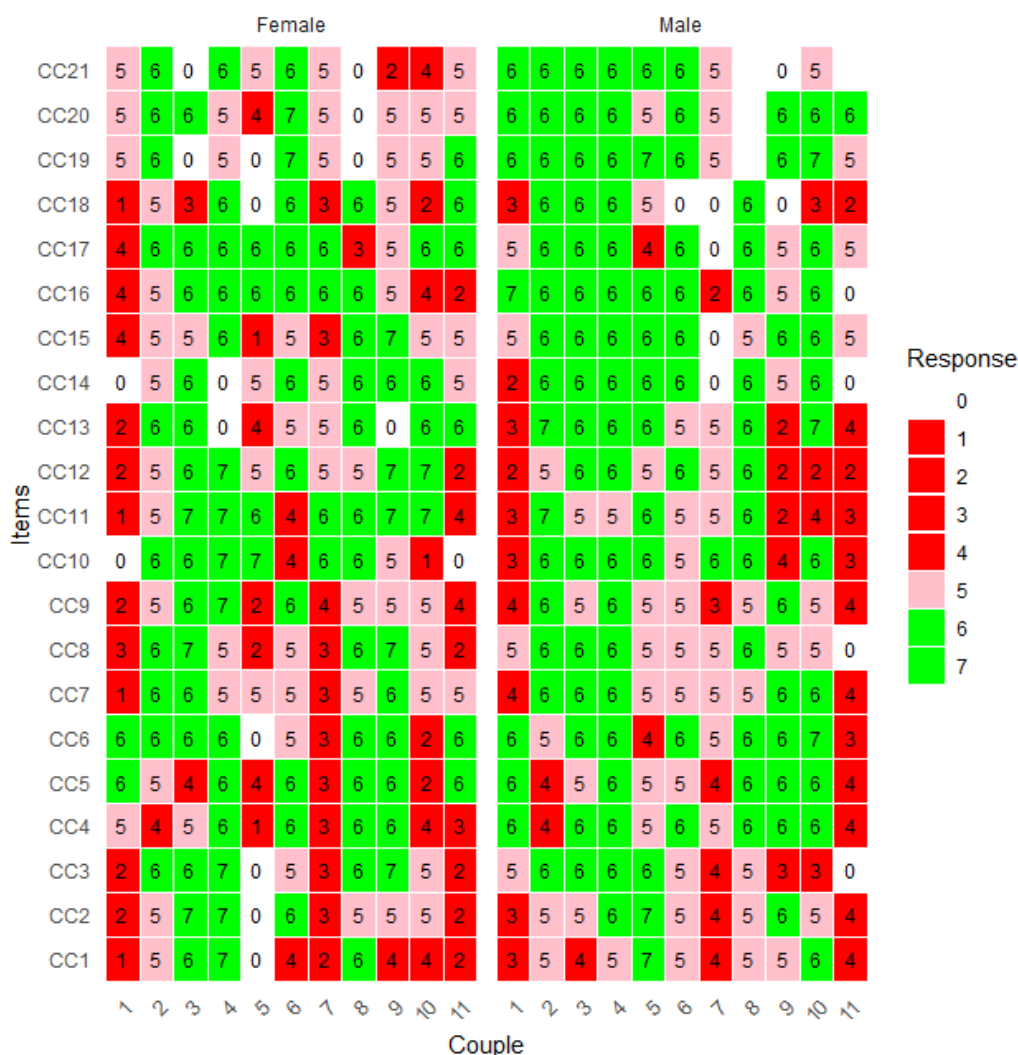
Category	Female (0)	Male (1)	Significant
0	1.12	-1.12	No
1	2.64	-2.64	Yes
2	1.74	-1.74	No
3	-0.05	0.05	No
4	-0.22	0.22	No
5	-0.01	0.01	No
6	-2.92	2.92	Yes
7	2.06	-2.06	Yes

Note. Values represent standardized residuals from the chi-square analysis. Values exceeding $|1.96|$ indicate statistically meaningful deviations from expected frequencies.

4.7.8. Content of Love Message Responses Across Items, Couples, and Sex

The distribution of responses across items shows substantial variability both within and between couples, indicating that the presence of behaviors described as love messages differs across relational contexts (see *Figure 3*). Patterns of green cells (responses 6–7: *Exactly as much as I wish / More than I wish*) suggest areas where partners perceive that these behaviors occur at or above the desired level. In contrast, clusters of red cells (responses 1–4: ranging from *It doesn't happen, but I wish it does* to *It happens very rarely, but we have conflicts about it*) indicate the absence of these behaviors, sometimes accompanied by desire or conflict. Pink cells (response 5: *Less than I wish*) reflect situations in which the behavior is present but does not meet expectations.

Figure 3. Raw Distribution of Content of Love Message Responses Across Items and Sex in Couple



Note. Values represent raw item-level responses ranging from 0 to 7. Response categories are defined as follows: 0 = Not applicable to me, as it is not a message of love for me; 1 = It doesn't happen, but even if it does, I wouldn't want it now; 2 = It doesn't happen, and I've stopped expecting it; 3 = It doesn't happen, but I wish it does; 4 = It happens very rarely, but we have conflicts about it; 5 = Less than I wish; 6 = Exactly as much as I wish; 7 = More than I wish. Colors correspond to response categories: white = 0, red = 1–4, pink = 5, green = 6–7. Sex is coded as 0 = female and 1 = male. Each column represents a couple, and each cell reflects an individual's response to a specific item.

Differences between partners within the same couple are also visible, suggesting asymmetries in how these behaviors are experienced or evaluated. Overall, the figure highlights that responses are not uniformly distributed across items, but instead reveal distinct patterns of presence, absence, and desirability of behaviors within relationships.

4.7.9. Means of Content of Love Messages by Sex

Table 5 shows that couples classified as dysfunctional tend to have lower mean values of love messages, often below 4.5, whereas couples with insufficient or optimum functionality generally report higher values, typically above 5. Notably, discrepancies between partners are evident in several dysfunctional relationships (e.g., Couples 1 and 5), suggesting asymmetries in how love messages are experienced. In this small clinical sample, lower scores descriptively coincided with more severe relationship difficulties reported in therapy, while higher scores correspond to less severe or emerging difficulties.

Table 5: Mean Values of Content of Love Messages by Sex

Couples	Male	Female	Relationship Quality	Relationship Problem in Therapy
Couple 1	4.43*	2.90	Dysfunctionality	She wanted to leave as she was almost totally blocked towards her partner, and he was desperate as he could not repair the relationship (16 yrs or relationship)
Couple 2	5.43	5.71	Insufficient functionality	She became jealous and put pressure on him (11 yrs of relationship)
Couple 3	5.71	5.24	Insufficient functionality	She was dissatisfied with his control and hurting behavior (13 yrs of relationship)
Couple 4	5.90	5.57	Optimum functionality	She started to worry about his control in the relationship (11 yrs of relationship)
Couple 5	5.57	3.00	Dysfunctionality	She became unfaithful (18 yrs of relationship)
Couple 6	5.24	5.52	Insufficient functionality	Communication problems, he was criticized, he got tired (15 yrs of relationship).
Couple 7	3.67	4.14	Dysfunctionality	He caught her sexting with other men, he was abusive and she behaved cold and distant in the context in which he lived in France for 7 years alone (7 yrs of relationship)
Couple 8	5.67	4.81	Insufficient functionality	She wanted to leave as she felt attacked because of a serious conflict about her parents, he wanted to leave as he felt not understood and disrespected. (20 yrs of relationship)
Couple 9	4.38	5.29	Dysfunctionality	He felt controlled and they had frequent conflicts (15 yrs of relationship).
Couple 10	5.38	4.52	Insufficient functionality	She felt neglected and he left her distant and cold (17 yrs of relationship)
Couple 11	3.10	4.00	Dysfunctionality	Both wanted to leave because of relationship neglect and emotional hurt (17 yrs of relationship)

Note: *Mean values of the raw scores. < 4.49 Dysfunctionality (red color), 4.50-5.49 Insufficient functionality (pink color), 5.50-7 Optimum functionality (green color).

4.8. MODALITY OF LOVE MESSAGES SCALE (abrev. MLM)

4.8.1. Reliability Analysis

The 34-item scale showed excellent internal consistency (Cronbach's $\alpha = .984$) based on 21 valid cases. Item means ranged from 3.48 to 4.76 ($M = 4.07$), with relatively high variability across items. Item-total correlations were generally strong, and no item removal improved reliability. These results support the internal coherence of the scale while indicating variability in the expression of love message modalities.

The very high alpha should be interpreted cautiously, as it may partly reflect item redundancy, the large number of items and the small number of participants.

4.8.2. Descriptive Statistics

Descriptive statistics (see *Table 6*) indicated that responses varied across items, with mean values generally centered around mid-scale levels (approximately 3.5–4.5). This pattern suggests that most love message modalities were experienced as occurring at moderate levels, often below or close to what participants might consider optimal.

The use of the full response range (0–7) across most items, combined with relatively large standard deviations (ranging approximately between 1.6 and 2.3), indicates substantial variability in how these relational behaviors were perceived. Several items showed lower mean values (e.g., items related to spontaneity, attention, or emotional attunement), suggesting that these behaviors were less consistently present or more often perceived as insufficient.

In contrast, higher mean values were observed for items reflecting support in critical moments (e.g., being present when most needed; $M = 4.76$) and behavioral expressions of care (e.g., actions rather than words; $M = 4.52$), indicating that these forms of love messages were more frequently experienced.

Skewness values were predominantly negative, suggesting a tendency for responses to cluster toward higher categories of the scale, while kurtosis values indicated relatively flat distributions for many items, reflecting dispersion rather than concentration around a single response category.

Table 6: Descriptive statistics

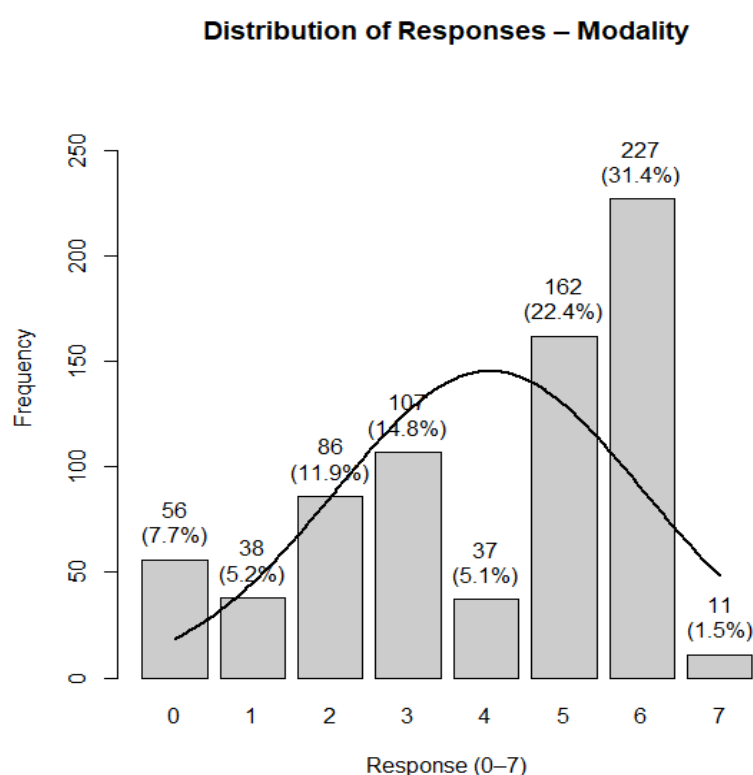
Item	N	M	SD	Min	Max
MLM 1	22	4.05	1.94	0	6
MLM 2	22	4.23	1.88	0	6
MLM 3	22	4.32	1.84	0	6
MLM 4	21	4.19	2.06	0	6
MLM 5	21	4.43	1.83	0	6
MLM 6	21	4.38	2.13	0	7
MLM 7	22	3.73	2.21	0	6
MLM 8	22	3.59	2.11	0	6
MLM 9	21	3.62	2.20	0	7
MLM 10	21	3.76	1.97	0	6
MLM 11	21	4.33	1.80	0	7
MLM 12	22	3.77	2.00	0	7
MLM 13	21	3.48	2.29	0	6
MLM 14	22	4.27	1.96	0	7
MLM 15	22	3.73	2.10	0	7
MLM 16	22	3.95	2.06	0	6
MLM 17	22	4.23	1.88	0	6
MLM 18	21	4.19	1.94	0	7
MLM 19	21	3.95	2.20	0	6
MLM 20	21	4.05	2.13	0	7
MLM 21	21	4.76	1.67	1	6
MLM 22	21	4.10	1.61	1	6
MLM 23	21	4.10	1.81	1	7
MLM 24	21	3.90	2.28	0	6
MLM 25	21	4.10	2.39	0	7
MLM 26	21	4.10	1.92	0	6
MLM 27	21	4.52	1.91	0	6
MLM 28	21	4.19	1.91	0	6
MLM 29	21	3.67	1.80	0	6
MLM 30	21	3.67	1.88	0	6
MLM 31	21	3.90	2.10	0	6
MLM 32	21	4.14	2.18	0	7
MLM 33	21	4.10	2.10	0	6
MLM 34	21	4.05	2.13	0	6

The pattern of results suggests that the scale captures meaningful differences across a wide range of love message modalities, highlighting both frequently expressed behaviors and those that are less consistently present in the relational context.

4.8.3. Distribution of Response Frequencies Across the 0-7 Scale for All MLM Items

Figure 4 presents the distribution of response frequencies across the 0–7 scale for all MLM items. Responses are predominantly concentrated in the higher categories, with the highest frequencies observed at scores of 6 (31.4%) and 5 (22.4%), indicating elevated modality levels. Lower categories (0–2) are less represented, while mid-range responses (3–4) show moderate frequencies. The distribution of responses was concentrated toward the higher response categories, deviating from normality as illustrated by the comparison with the overlaid normal curve. This pattern suggests a tendency toward higher scores.

Figure 4. Distribution of response frequencies across the 0-7 scale for all MLM items



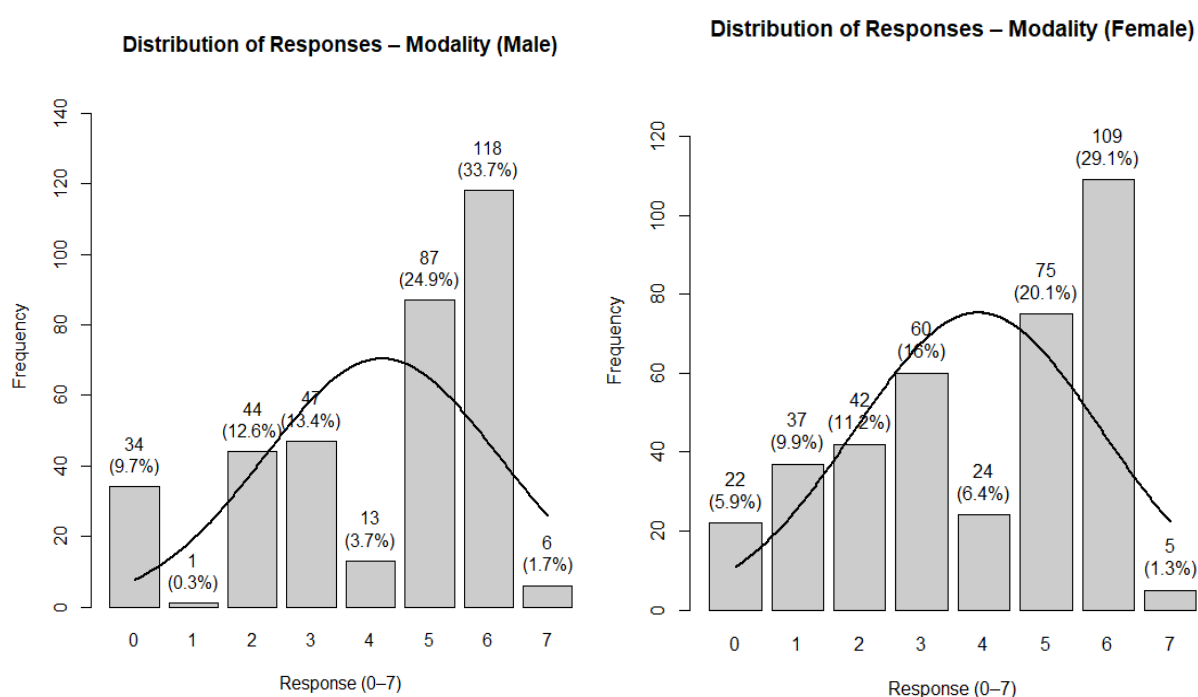
Note: Labels above the bars indicate raw frequencies and percentages. The line represents the normal distribution curve for visual comparison. The response scale options are: 7. More than I wish, 6. Exactly as much as I wish, 5. Less than I wish, 4. It happens very rarely, but we have conflicts about it, 3. It doesn't happen, but I wish it does, 2. It doesn't happen, and I've stopped expecting it, 1. It doesn't happen, but even if it does, I wouldn't want it now, 0. Not applicable to me, as it is not a message of love for me.

4.8.4. Distribution of Response Frequencies Across the 0-7 Scale by Sex

Figure 5 illustrates the distribution of response frequencies across the 0–7 scale for all MLM items, separately for females and males. In both groups, responses are concentrated in the higher categories, particularly at scores of 5 and 6, indicating elevated modality levels. The

highest frequency is observed at score 6 for both females (29.1%) and males (33.7%). Lower categories (0–2) show comparatively fewer responses, while mid-range values (3–4) are moderately represented. The overall pattern suggests a positively skewed distribution toward higher scores, consistent across sexes, with only minor differences in frequency proportions.

Figure 5: Distribution of Response Frequencies across the 0-7 Scale for all MLM Items by Sex



Note: Labels above the bars indicate raw frequencies and percentages. The line represents the normal distribution curve for visual comparison. The response scale options are: 7. More than I wish, 6. Exactly as much as I wish, 5. Less than I wish, 4. It happens very rarely, but we have conflicts about it, 3. It doesn't happen, but I wish it does, 2. It doesn't happen, and I've stopped expecting it, 1. It doesn't happen, but even if it does, I wouldn't want it now, 0. Not applicable to me, as it is not a message of love for me.

4.8.5. Welch Independent Samples t-Test of Means by Sex

A Welch independent-samples t-test was conducted to examine gender differences in modality scores. The results indicated no statistically significant difference between females ($M = 3.91$, $SD = 1.62$) and males ($M = 4.07$, $SD = 1.69$), $t(19.96) = -0.23$, $p = .819$, 95% CI $[-1.64, 1.31]$. These findings suggest that gender does not have a meaningful impact on modality scores, as the observed difference between groups was negligible.

4.8.6. A Wilcoxon Rank-Sum Test

A Wilcoxon rank-sum test with continuity correction was conducted to examine gender differences in modality scores. The results indicated no statistically significant difference between females (Mdn = 3.71, IQR = 2.57, mean rank = 11.32) and males (Mdn = 4.41, IQR = 2.75, mean rank = 11.68), $W = 58.50$, $p = .922$. These findings suggest that the distribution of modality scores is comparable across gender, with only minimal differences in rank and central tendency.

4.8.7. Category-Level Analysis of Response Distributions

To complement the analysis of central tendency, a Pearson's chi-square test was conducted to examine whether the distribution of response categories differed by gender. The results indicated a statistically significant association between gender and response categories, $\chi^2(7) = 42.16$, $p < .001$. Examination of standardized residuals revealed that this effect was primarily driven by category 1, where females were overrepresented ($z = 5.79$) and males were underrepresented ($z = -5.79$). No other response categories showed statistically meaningful deviations from expected frequencies. These findings suggest that, although overall modality scores do not differ between genders, subtle differences emerge at the level of specific response categories.

Table 7: Standardized residuals from the chi-square analysis

Category	Female (0)	Male (1)	Significant
0	-1.93	1.93	No
1	5.79	-5.79	Yes
2	-0.56	0.56	No
3	0.99	-0.99	No
4	1.65	-1.65	No
5	-1.55	1.55	No
6	-1.32	1.32	No
7	-0.41	0.41	No

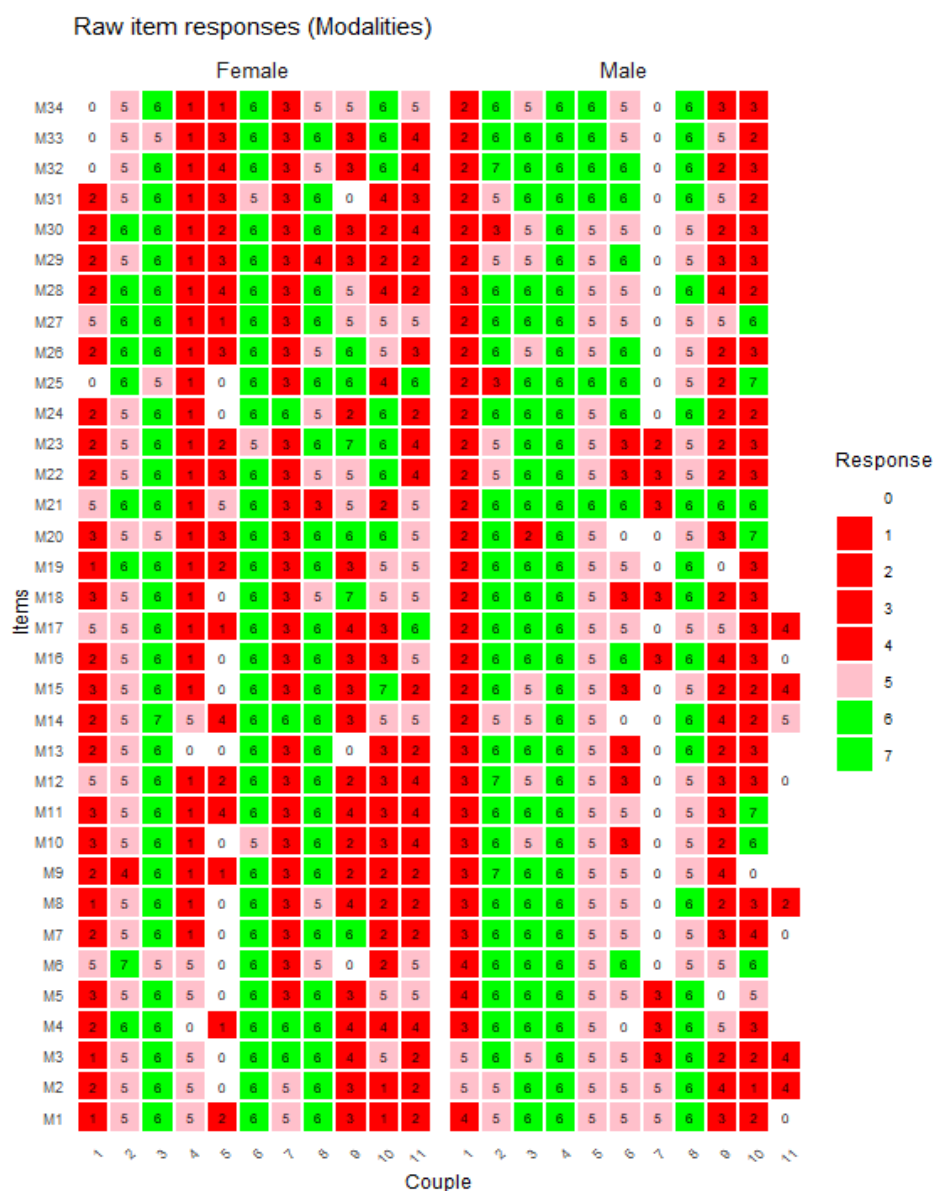
Note. Values represent standardized residuals from the chi-square analysis. Values exceeding $|1.96|$ indicate statistically meaningful deviations from expected frequencies.

4.8.8. Content of Love Message Responses Across Items, Couples, and Sex

The heatmap displays raw item responses (0–7) for each couple, separated by sex, allowing a detailed visualization of how love message modalities are experienced within relationships.

The heatmap reveals a clear asymmetry in how love message modalities are experienced within couples. Male participants tend to report consistently high levels (6–7), suggesting a stronger perceived presence of love-related behaviors (LMs), whereas female participants show greater variability, including many lower scores (1–4), indicating inconsistency or insufficiency. This pattern suggests that the modality of love is often experienced differently by the partners for each item. Within the same couple, one partner may perceive that they are offering sufficient love, while the other does not experience it as such, pointing to issues of modality. In couple 4, the male's responses are concentrated entirely in category 6 (green), while the female's responses are primarily concentrated in category 1 (red).

Figure 6: Raw Item Responses by Sex, Indicating the Level of Functionality in Couple



4.8.9. Means of Modality of Love Messages by Sex

Table 8 presents the mean modality scores of love messages for each couple, separately for males and females, along with the corresponding classification of relationship quality. The results indicate substantial variability across couples, both in terms of overall levels and alignment between partners. Only a small number of couples (Couples 3 and 8) reached the level of optimum functionality, characterized by high modality scores in both partners. Several couples (e.g., Couples 2 and 6) displayed insufficient functionality, although not consistently across partners. However, the majority of couples were classified as dysfunctional, either due to low scores in both partners (e.g., Couples 1, 9, 10, and 11) or due to pronounced discrepancies between partners' scores.

Notably, some couples (e.g., Couples 4, 5, and 7) exhibited strong asymmetry in modality scores, with one partner reporting high levels and the other low levels, suggesting substantial relational misalignment. These findings highlight that relationship quality is not only determined by absolute levels of modality but also by the degree of convergence between partners' perceptions.

Table 8: Mean Values of Modality of Love Messages by Sex

Couples	Male	Female	Relationship Quality
Couple 1	2.62	2.26	Dysfunctionality
Couple 2	5.71	5.26	Insufficient functionality
Couple 3	5.62	5.91	Optimum functionality
Couple 4	6.00	1.65	Dysfunctionality
Couple 5	5.18	1.59	Dysfunctionality
Couple 6	4.41	5.91	Dysfunctionality
Couple 7	0.97	3.47	Dysfunctionality
Couple 8	5.53	5.62	Optimum functionality
Couple 9	3.03	3.65	Dysfunctionality
Couple 10	3.41	3.94	Dysfunctionality
Couple 11	2.30	3.71	Dysfunctionality

Note: *Mean values of the raw scores. < 4.49 Dysfunctionality, 4.50-5.49 Insufficient functionality, 5.50-7 Optimum functionality

5. Discussions

The aim of this pilot study was to examine the descriptive properties of the Content of Love Messages (CLM) and Modality of Love Messages (MLM) scales in couples seeking psychotherapy. Overall, the findings suggest that both instruments capture meaningful variability in how romantic partners perceive the presence, absence, and modality of love messages within their relationships.

Both scales demonstrated high internal consistency, indicating strong coherence between items. The CLM scale showed excellent reliability ($\alpha = .90$), while the MLM scale demonstrated extremely high internal consistency ($\alpha = .984$). These findings support the assumption that love messages can be assessed as coherent relational constructs within the framework of LRM^T (Marici, 2025). At the same time, the observed variability across items suggests that partners do not experience all love-related behaviors equally, which is consistent with previous findings emphasizing the subjective nature of romantic interactions (Mohammadi et al., 2016).

The distributions of responses across both scales were concentrated primarily in the middle and higher response categories, particularly around scores 5 and 6. This pattern suggests that participants generally perceived the presence of love messages as insufficient or close to the desired level rather than completely absent. However, the existence of lower-category responses also indicates that some behaviors were experienced as sources of conflict, deprivation, resignation, or emotional blocking. From the perspective of LRM^T, these response patterns may reflect different stages of romantic functioning rather than simple quantitative differences in relationship quality (Marici, 2025).

No statistically significant gender differences were observed in mean CLM or MLM scores. Nevertheless, differences emerged in the distribution of response categories. Female participants were more frequently represented in lower response categories, while male participants were more frequently concentrated in category 6. These findings suggest that men and women may report similar overall levels of relational functioning while differing in the way they experience and interpret specific love messages. Similar discrepancies between partners have been reported in previous couple research focusing on attachment, intimacy, and conflict perception (Steuber, 2005; Lessard et al., 2025).

The couple-level analyses revealed substantial asymmetries between partners, particularly in relationships characterized by dysfunctionality. In several cases, one partner reported high levels of love messages, whereas the other perceived these behaviors as insufficient, absent, or

emotionally ineffective. These findings support the central assumption of LRM^T that the effectiveness of a love message depends not only on the sender's intention, but also on the receiver's subjective experience and interpretation.

Romantic relationships are inherently interdependent systems in which each partner's experiences, behaviors, and emotional responses may influence not only their own relational functioning but also that of the other partner. This principle is central to systemic perspectives on couple relationships and to dyadic approaches that conceptualize partners as non-independent units of analysis (Kenny et al., 2020; Minuchin, 2018). Within the Actor–Partner Interdependence Model (APIM), this interdependence is represented through actor effects, whereby a person's characteristics or experiences are associated with their own outcomes, and partner effects, whereby they are associated with the other partner's outcomes (Cook & Kenny, 2005; Kenny et al., 2020). Similar interdependence has been documented in research on relationship satisfaction, communication, and dyadic coping, showing that relational functioning emerges from processes occurring between partners rather than from either partner considered in isolation (Falconier et al., 2015; Ledermann et al., 2010).

From an LRMT perspective, this interdependence has an important implication for the assessment of love and rejection messages. A low score reported by one partner should not necessarily be understood as an isolated individual evaluation. When one partner experiences a particular love message as insufficient, conflictual, absent, or no longer desired, that experience may influence how they subsequently respond to the partner, thereby affecting the continuing exchange of love and rejection messages within the couple. Such reciprocal influence is consistent with systemic conceptualizations of couple functioning and with dyadic research demonstrating that one partner's experiences and behaviors may be associated with outcomes in the other partner (Cook & Kenny, 2005; Kenny et al., 2020).

On this basis, LRMT proposes that the functioning of a specific love-message domain may be constrained by the partner occupying the lower relational position. A high score from one partner does not necessarily compensate for a substantially lower score from the other, because the latter identifies a point at which the exchange of that particular love message is problematic for at least one member of the relational system. The lower score may therefore identify a relational bottleneck—a domain in which dissatisfaction, conflict, resignation, or rejection experienced by one partner has the potential to affect the interaction of the couple as a whole.

Romantic partners form an interdependent system, functioning within a specific love-message domain may be constrained by the lower relational position reported by either partner. This principle extends established ideas of dyadic interdependence (Cook & Kenny, 2005; Kenny et al., 2020) by proposing a specific application to the exchange of love and rejection messages. Whether the lowest partner score predicts overall relationship functioning better than the partners' mean score, their discrepancy, or other dyadic indicators remains an empirical question to be tested in future research.

The present study also highlights the potential clinical utility of the CLM and MLM scales. Unlike traditional linear measures of relationship satisfaction, the response format used in LRM^T allows the identification of qualitatively distinct relational positions, including conflict, resignation, emotional blocking, and rejection. This approach may support therapeutic interventions by helping clinicians identify not only whether love messages are present, but also how they are emotionally experienced within the relationship.

Several limitations should be acknowledged. First, the study relied on a small clinical sample, which limits the generalizability of the findings. Second, the analyses were primarily descriptive and exploratory. Future studies should examine the factorial structure, convergent validity, discriminant validity, and predictive utility of the scales in larger and more diverse samples. Longitudinal research may also clarify how love message dynamics evolve over time and how they relate to relationship functioning and therapeutic change. The chi-square analyses were based on pooled item-level responses, meaning that multiple observations were contributed by the same participants and, therefore, the assumption of independence was not fully met. The resulting significance tests should consequently be interpreted as exploratory. Future studies with larger dyadic samples should examine these differences using models that account for repeated responses within individuals and interdependence between partners.

6. Conclusion

This pilot study provides preliminary support for the descriptive utility of the Content of Love Messages (CLM) and Modality of Love Messages (MLM) scales developed within the framework of Love and Rejection Messages Theory (LRM^T). The findings suggest that both instruments are capable of capturing meaningful variability in how romantic partners experience the presence, insufficiency, absence, and modality of love messages within couple relationships.

The results highlighted substantial differences not only between couples, but also between partners within the same relationship, supporting the LRM^T assumption that the effectiveness of love messages depends on subjective perception and not only on behavioral intention. The response structure of the scales also allowed the identification of qualitatively distinct relational positions, including fulfillment, insufficiency, conflict, resignation, emotional blocking, and rejection.

The study suggests that the CLM and MLM scales may represent clinically useful instruments for understanding relational dynamics and identifying asymmetries in the exchange of love messages between partners. Future studies should further investigate the psychometric properties, factorial structure, and predictive validity of the scales in larger and more diverse samples.

By locating individual love messages within distinct relational stages for each partner, the response scale provides a preliminary framework for mapping both individual perceptions and dyadic patterns of love and rejection message exchange.

Author Contributions

Conceptualization, M.M.; Methodology, M.M.; Software, M.M.; Validation, M.M.; Visualizations, M.M.; L.M. Formal Analysis, M.M.; Investigation, M.M.; Resources, M.M.; L.M.; Writing-Original Draft Preparation, M.M.; L.M.; Writing-Review & Editing, M.M.; L.M. All authors have read and agreed to the published version of the manuscript.

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

Data Availability Statement: Not the case, as all data is included in the present study.

Institutional Review Board Statement: The study was conducted in accordance with the Declaration of Helsinki, and ethically approved by the “1 Decembrie 1918” University of Alba Iulia, No. R-CE 54/03.04.2026.

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Annexes

Conținutul Mesajelor de Iubire / Content of Love Messages (CLM) (Marici, 2025)

Următorul chestionar se concentrează asupra activităților pe care partenerul dvs. le face împreună cu dvs., pentru a vă face fericit/ă în cuplu. Citiți fiecare activitate enumerată și indicați măsura în care partenerul dvs. a realizat sau a participat la aceste activități în ultimele **6 luni**, în cadrul vieții de cuplu. Încercuiți răspunsul cel mai potrivit **de la 7 la 0**, folosind scala de mai jos.

7. Mai mult decât doresc.
6. Exact cât doresc.
5. Mai puțin decât doresc.
4. Se întâmplă foarte rar, dar avem conflicte în legătură cu asta.
3. Nu se întâmplă, dar mi-aș dori să se întâmple.
2. Nu se întâmplă dar am încetat să mai aștept.
1. Nu se întâmplă, dar dacă s-ar întâmpla, nu aș mai vrea eu.
0. Nu mi se aplică, deoarece nu este un mesaj de iubire pentru mine.

Itemi	vezi indicatorii de mai jos							
1) Petrece timp cu mine	7	6	5	4	3	2	1	0
2) Mă ascultă când îi vorbesc.	7	6	5	4	3	2	1	0
3) Îmi face complimente .	7	6	5	4	3	2	1	0
4) Se comportă firesc când mă întâlnesc cu prietenii mei.	7	6	5	4	3	2	1	0
5) Îmi respectă viața privată .	7	6	5	4	3	2	1	0
6) Mă întreabă ce îmi doresc .	7	6	5	4	3	2	1	0
7) Îmi oferă ajutor în activitățile mele personale.	7	6	5	4	3	2	1	0
8) Discută cu mine.	7	6	5	4	3	2	1	0
9) Doarme lângă mine în pat.	7	6	5	4	3	2	1	0
10) Îmi zice că mă iubește .	7	6	5	4	3	2	1	0
11) Mă stimulează sexual.	7	6	5	4	3	2	1	0
12) Îmi oferă lucruri .	7	6	5	4	3	2	1	0
13) Îmi cere părerea în decizii.	7	6	5	4	3	2	1	0
14) <i>Acceptă deciziile mele personale.</i>	7	6	5	4	3	2	1	0
15) <i>Întreține relații sexuale cu mine.</i>	7	6	5	4	3	2	1	0
16) Face treburi casnice .	7	6	5	4	3	2	1	0
17) Petrece timp cu membrii familiei mele.	7	6	5	4	3	2	1	0
18) <i>Face lucruri importante pentru noi.</i>	7	6	5	4	3	2	1	0
19) Vorbește cu copiii noștri.*	7	6	5	4	3	2	1	0
20) <i>Se ocupă de activități legate de copiii noștri.*</i>	7	6	5	4	3	2	1	0
21) <i>Îi ajută pe copii la teme.*</i>	7	6	5	4	3	2	1	0

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Modalitatea Mesajelor de Iubire / Modality of Love Messages (MLM) (Marici, 2025)

Următorul chestionar se concentrează pe **modul în care partenerul tău desfășoară activități (modalitatea)** în relația cu tine, ca partener romantic, **în ultimele 6 luni**. Te rog să citești fiecare activitate enumerată și să indicîi dacă partenerul tău **te face să te simți astfel**. Încercuiește răspunsul cel mai potrivit, de la 7 la 0, utilizând scala furnizată mai jos.

7. Mai mult decât doresc.
 6. Exact cât doresc.
 5. Mai puțin decât doresc.
 4. Se întâmplă foarte rar, dar avem conflicte în legătură cu asta.
 3. Nu se întâmplă, dar mi-aș dori să se întâmple.
 2. Nu se întâmplă, dar am încetat să mai aștept.
 1. Nu se întâmplă, dar dacă s-ar întâmpla, nu aș mai vrea eu.
 0. Nu mi se aplică, deoarece nu este un mesaj de iubire pentru mine.

Item	Scală							
Partenerul meu îmi arată că mă iubește pentru că:	7	6	5	4	3	2	1	0
1. trimite suficiente mesaje de iubire .	7	6	5	4	3	2	1	0
2. fiecare mesaj de iubire mă face să mă simt pe deplin iubit .	7	6	5	4	3	2	1	0
3. depune eforturi mari pentru a-și arăta iubirea.	7	6	5	4	3	2	1	0
4. îmi oferă lucruri care costă timp sau bani .	7	6	5	4	3	2	1	0
5. vine el personal și se ocupă de un lucru, în loc să facă lucrurile de la distanță .	7	6	5	4	3	2	1	0
6. îmi oferă libertatea să decid și nu îmi impune.	7	6	5	4	3	2	1	0
7. pune relația noastră pe primul loc , comparativ cu alte relații.	7	6	5	4	3	2	1	0
8. mă surprinde cu mesaje de iubire care nu sunt previzibile .	7	6	5	4	3	2	1	0
9. își amintește detalii semnificative despre mine .	7	6	5	4	3	2	1	0
10. îmi îndeplinește exact nevoile mele și nu alte nevoi.	7	6	5	4	3	2	1	0
11. ține cont de ce îmi place , când face ceva pentru mine.	7	6	5	4	3	2	1	0
12. intuiește ce îmi doresc , fără să mă întrebe.	7	6	5	4	3	2	1	0
13. îmi acordă atenție și nu se plictisește de mine .	7	6	5	4	3	2	1	0
14. atunci când pleacă undeva, mă anunță pentru a mă liniști emoțional.	7	6	5	4	3	2	1	0
15. mă face să mă simt ca fiind centrul universului său .	7	6	5	4	3	2	1	0
16. este primul care îmi acordă atenție atunci când reușesc.	7	6	5	4	3	2	1	0
17. perseverează în lucruri bune pentru noi și nu renunță.	7	6	5	4	3	2	1	0
18. îmi acordă constant atenție .	7	6	5	4	3	2	1	0

19. sunt inclus în planurile sale și nu exclus.	7	6	5	4	3	2	1	0
20. răspunde rapid nevoilor mele, fără amânare.	7	6	5	4	3	2	1	0
21. este alături de mine în momentele în care am cea mai mare nevoie de ajutor.	7	6	5	4	3	2	1	0
22. demonstrează intenții bune , fiind cald și nu distant.	7	6	5	4	3	2	1	0
23. îmi arată iubirea spontan și nu calculat.	7	6	5	4	3	2	1	0
24. mesajele de iubire vin din propria sa inițiativă și nu din presiuni externe.	7	6	5	4	3	2	1	0
25. are încredere în mine și și nu este suspicios sau urmăritor.	7	6	5	4	3	2	1	0
26. mă susține în ceea ce eu consider corect , chiar dacă îi este greu.	7	6	5	4	3	2	1	0
27. face și nu doar vorbește.	7	6	5	4	3	2	1	0
28. apreciază mesajele de iubire pe care i le trimit și nu le ignoră.	7	6	5	4	3	2	1	0
29. răspunde cu înțelegere și nu îl deranjează ceea ce spun.	7	6	5	4	3	2	1	0
30. găsește momentul când sunt receptiv , pentru a-mi arăta dragostea.	7	6	5	4	3	2	1	0
31. știe cum să mă influențeze , fără să fie insistent sau cerșetor.	7	6	5	4	3	2	1	0
32. face gesturi și are expresii faciale care îmi provoacă plăcere și nu retragere.	7	6	5	4	3	2	1	0
33. are un ton și o voce care mă apropie de el și nu mă îndepărtează.	7	6	5	4	3	2	1	0
34. este romantic cu mine și nu doar realist.	7	6	5	4	3	2	1	0

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